



THE EXAMINER



Robert E. Bush Naval Hospital, Twentynine Palms, California

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"Serving with Pride and Professionalism"

May 2003

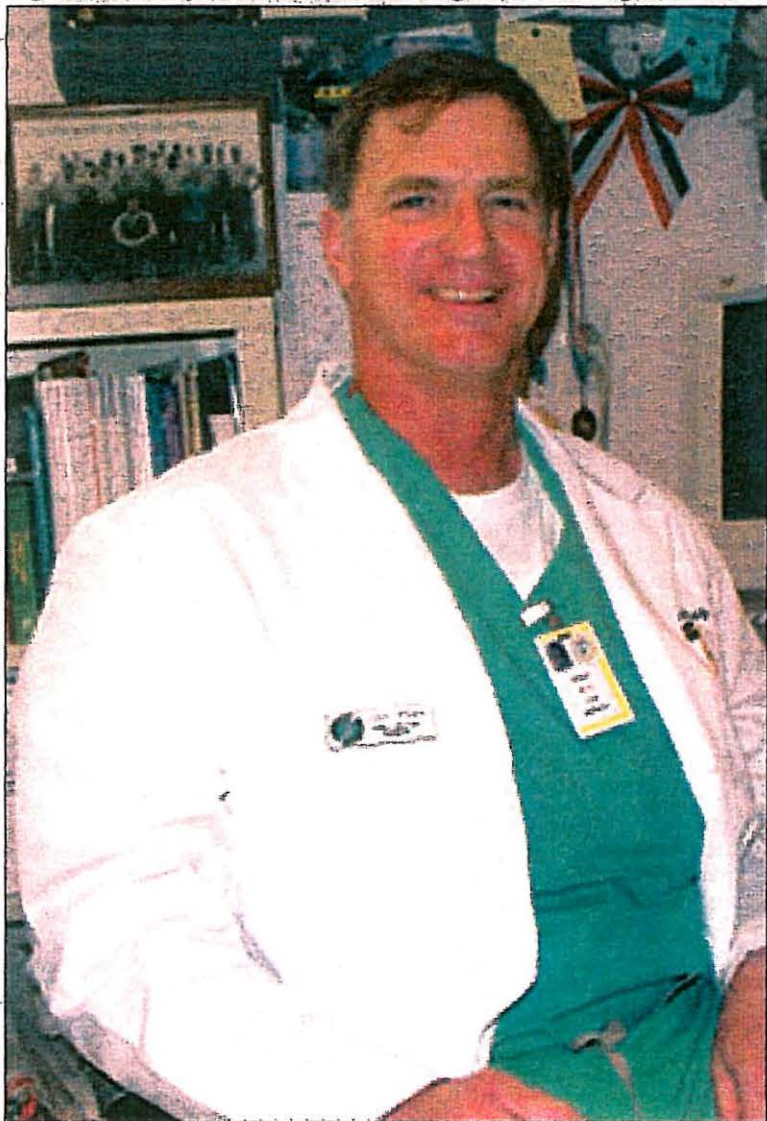
Spotlight On...

A Marine, High School Teacher, Navy Physician

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

A former Marine Infantry Platoon Commander, high school teacher and wrestling coach now practices medicine in the Family Practice Clinic of the Robert E. Bush Naval Hospital.

This eclectic physician is Lt. Cmdr. Rodney Pray. In 1972 he graduated from Sierra High School in Whittier, Calif. While attending school there he wrestled on his high school's varsity wrestling team. After high school, Pray attended Southern Oregon State College (SOSC) at



Ashland, where he played varsity tennis and junior varsity basketball while earning a Bachelor's Degree in Math/Science General Studies. He graduated from SOSC in 1981.

"I always thought that I would like to become a physician because you can combine science and people. But when I first got to college I spent too much time playing tennis and basketball and didn't study enough so I didn't think that I would ever get to be a doctor. It wasn't until I was in the Marines where I developed the discipline of sitting at a desk to get the work done, that gave me the confidence to try to get into medical school," said Pray.

Before Pray could attend medical school, life took him in other directions... specifically to the United States Marine Corps. He entered Officer Candidate School on Oct. 11, 1982 and graduated as a Marine 2nd Lt. on Dec. 17. Pray then attended the Basic School and the Infantry Officer Course at Quantico, Va. and the U.S. Army Ranger School at Fort Benning, Georgia. He reported for his first duty with the Marine Corps at 3/3 in Hawaii in December of 1983.

Pray left active duty as a 1st Lt. in September 1987. He then returned to SOSC to earn another Bachelor's Degree in Chemistry with a minor in Physics in 1989. He maintained his connection to the Marine Corps however by becoming a drilling reservist in Salem, Oregon. During his "second tour" at SOSC he also obtained a teaching certificate in Chemistry and Physics for grades 5 - 12 in the state of Oregon.

After graduating from college the second time, he returned home to help care for his mother who was terminally ill. While back in Southern California he got a job teaching at Norwalk High School where he was also the wrestling coach and one of the school's track coaches. According to Pray, they already had a tennis coach. He was also drilling with the Bakersfield Marines (3rd and 4th Platoons of the Bulk Fuel Company, 6th Engineer Support Battalion).

After his mother passed away, he returned to Oregon, with full support and inspiration from his father and sister, in an attempt to fulfill his dream of getting into medical school. However, the Marines once again called first. Pray was called to active duty in support of Desert Shield in November 1990. He was assigned to the Marine Corps Air Ground Combat Center as "backfill" when the active duty Marines Deployed to Kuwait. During Desert Shield, Pray was assigned to CSSD-41 as the Engineer Officer and the Logistics Officer when the reserves took over the duties of CSSD-12 at the Combat Center.

Pray was released from active duty in May 1991. He then returned to Oregon and was admitted to medical school in

Please see DR. PRAY on page 7

Highlights...

Every year in the US, 35,000 Americans experience an eye injury and another 50,000 will lose their sight. While there are many reasons for both eye injury and blindness, wearing properly designed sunglasses and safety glasses would save the eyesight of many of the victims of eye damage. *page 2*

In a recent ceremony, held in Los Angeles, Calif., Chief Petty Officer Gregorio Gonzales of the Nutrition Management Department took an oath to become a Naturalized American citizen. *See page 2*

More than 25 million Americans have hearing loss, including many of our military retirees. Those retirees who seek help for their hearing loss by using hearing aids have options as to where to obtain them. *See page 5*

The Examiner can now be viewed online at: www.nhttp.med.navy.mil

For comments drop an e-mail to: d.barber@nhttp.med.navy.mil

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Here's To Your Health...

Protecting Your Eyes In The Desert

Martha Hunt, MA, Health Promotions Coordinator
Robert E. Bush Naval Hospital

Every year in the US, 35,000 Americans experience an eye injury and another 50,000 will lose their sight. While there are many reasons for both eye injury and blindness, wearing properly designed sunglasses and safety glasses would save the eyesight of many of the victims of eye damage.

Eye damage in the desert usually results from both the very bright sunlight found here and from blowing sand and debris. The biggest threat from sunlight in the desert comes from the UV rays present in sunlight. UV A and UV B rays can cause cataracts, retina damage, Pterygium, Pinguecula, Photokeratitis and skin cancer.

Cataracts occur when the lens of the eyes is damaged. The retina is the inner, back wall of your eye. The retina catches what you see and transmits the image to your brain much like a camera catches what you see and transmits the image to film. If the retina is damaged, your brain doesn't receive the image you see and you are blind.

Pterygium and Pinguecula are growths that occur on the membranes or cornea of your eyes. While neither causes cancer, they must sometimes be surgically removed to prevent blindness. Photokeratitis is a sunburn on the cornea of the eye. The cornea is the clear membrane that covers the front of your eye and protects your eye.

Damage to your eyes from sunlight is cumulative over time. This means that damage builds up over time and the more damage you have as a young person, the greater your risk of eye damage and blindness as you age. Children especially should be protected from sun damage as their eyes are more delicate than an adult's.

So how do I protect my eyes from sand and sun? It's really very easy, wear a wide brimmed hat and correctly designed sunglasses. A wide brimmed hat will block approximately half of all UV light that reaches you. Properly made sun glasses will block much of the remaining UV light, block overall light to acceptable levels and will be polarized to eliminate glare.

How do I know if my sunglasses are properly made? Properly made sunglasses should block 100 percent of both UV A and UV B light. Remember, it's the UV rays that do the most damage to your eyes.

Properly made sunglasses should also block out as much overall light as possible. However, darker is not necessarily better. If the lenses of the sunglasses are dark, but don't block UV rays, you still are allowing the UV rays into your eyes and damaging your eyes.

They should also be polarized to eliminate glare. A lot of sunglasses advertised as polarizing actually are not. There's a simple test you can perform before you buy them to make

sure. Find a reflective surface, and hold the glasses so that you are viewing the surface through one of the lenses. Now slowly rotate the glasses to a 90-degree angle, and see if the reflective glare diminishes or increases. If the sunglasses are polarized, you will see a significant diminishing of the glare. If they are not polarized, don't buy them.

Properly fitting sunglasses and wide brimmed hats also protect your eyes from blowing sand and dust. Sand and dust can cause corneal abrasions or scratches on the surface of your eye. These can be incredibly painful and affect your vision for weeks after.

A well-written explanation of how sunglasses work can be found at "www.howstuffworks.com". Just type in 'sunglasses' and you will learn all you ever wanted to know about sunglasses. You only have one set of eyes; please take good care of them by protecting them from sun and sand. Your eyes will thank you with a lifetime of clearer vision!

Upcoming Diabetes Class Schedule

The Internal Medicine Clinic of the Robert E. Bush Naval Hospital offers a series of "Diabetes Self-Management Classes."

The schedule of classes is as follows:

Exercising to Improve Diabetes. Thursday, May 22.

Taking Care of Your Feet. Thursday, June 19.

All classes are held in the Family Practice Clinic Classroom 3.

Anyone with diabetes or interested in learning more about diabetes is welcome to attend. For more information call Lt. Julie Lundstad at 830-2175.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Operation Special Delivery

The mission of Operation Special Delivery is to provide at no cost Labor Doula Support to the pregnant wives of U.S. Military troops that are deployed or scheduled to be deployed at the expected time of birth of their baby.

They will also provide free of charge, Labor Doula Support to the pregnant wives of the U.S. Military members that have become widowed as a direct result of Operation Enduring Freedom.

To qualify, pregnant women must meet both of the following requirements:

Any pregnant woman whose husband is deployed or scheduled to be deployed during the expected time of birth of their child or any pregnant women who has become widowed as direct result of Operation Enduring Freedom and;

Feels that she can benefit from the services of a professional Doula.

To contact the local State Coordinator, Quincy Bates, call (760) 228-1011 or go to operationspecialdelivery.com to find out more information on Doula Support.

Life's Lesson...

Benefit to getting old: Your secrets are safe with your friends because they can't remember them either.

Hospital's Chief Gonzales Takes the Oath of Citizenship

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

In a recent ceremony, held in Los Angeles, Calif., Chief Petty Officer Gregorio Gonzales of the Nutrition Management Department took an oath to become a Naturalized American citizen.

More than 37,000 service personnel currently serving in one of the United States military services carry a "green card" which gives them permanent resident status in the U.S. However, to apply for some special programs in the military or to become a commissioned officer they must first become an American citizen.



New Phone System Increases Access to Care Just Dial (760) 830-2752

An updated telephone access system now in use at the Naval Hospital will help our patients get access to the right people and increase the efficiency of obtaining care. "This new phone system isn't designed to distance ourselves from our patients; it has been designed to better manage their health care needs," said Lt.j.g. Brian Hower, a Health Care Administrator in the Clinical Services Directorate.

When patients call into the hospital they will hear the message, Welcome to the Naval Hospital Twentynine Palms, Outpatient Services directory. If this is an emergency, hang up and dial 911. Otherwise, please be patient with this new system designed to better manage your health care needs. Our hours of operation are 7:30 a.m. - 4 p.m., Monday through Friday, excluding holidays. The caller will then be directed to select one of several options:

Press (1) to leave a message for your Primary Care Manager or speak with our Nurse Advice Line. The hospital uses a Nurse Advice Line to assist your access to health care. Registered Nurses handle all initial telephone calls for the hospital's providers and also give advice regarding health care concerns of a non-emergent nature. On many occasions the Nurses can even save you an unnecessary trip to the hospital.

Press (2) to schedule or cancel an appointment. If you don't know who your Primary Care Manager is, let the appointment clerk know, they will be happy to assist you.

Press (3) for the hospital's information desk (Quarterdeck).

Press (4) to speak with the Customer Relations Officer.

"The staff of the Naval Hospital is constantly striving to improve our services to our customers through Process Improvements such as this new phone system," said Hower. "As with all new systems there may be some tweaking necessary, be assured that this necessary to provide the best health care access possible," added Hower.

Gonzales entered the U.S. Navy from Los Angeles, Calif., where he was living at the time, in April 1980. Gonzales had emigrated from the Philippines just three months before he entered the Navy.

Please see NEW CITIZEN on page 7

New Vaccine Helps Decrease Number of Shots

By Lt.Cmdr. M. Alexander, NC
Robert E. Bush Naval Hospital

The Naval Hospital has great news for your children when it is time for their well baby/child doctor's visit.

These visits give parents the opportunity to ask the doctor about normal growth, development, age appropriate behaviors and safety guidance. However, this type of visit includes vaccinations.

The basic immunization schedule starts as early as at birth and finishes just before the child's second birthday. Immunizations are given to protect your children from illness such as Polio, Measles, Mumps, Rubella, Tetanus, Diphtheria, Meningitis, Pneumonia, Pertussis, Hepatitis B and Chicken pox. All which can cause serious harm to an unprotected child. Currently, the average number of shots given to an infant 2 months - 12 months of age is 5.

It has been reported that parents state it hurts them more watching their child receive immunizations than it hurts their baby. While vaccinations may make parents nervous; it is important to stay on schedule.

The great news is that the Naval Hospital would like to introduce the use of a new combination vaccine that has recently been approved by the Food & Drug Administration (FDA) and Center of Disease Control and Prevention (CDC). The new vaccine, **Pediarix**, combines Diphtheria, Tetanus, Pertussis (DTaP), Hepatitis B and Polio.

The use of the combination vaccine means your children can get 1-2 fewer shots per visit.

Pediarix is available now. While it is always stressful to see your child receive the routine vaccinations you are protecting them. And we at the Naval Hospital are committed to help protect and reduce the stresses of our customers young and old.

BREASTFEEDING SUPPORT GROUP

Sponsored by: Maternal Infant Ward & Breast Center
WHAT BETTER WAY TO FIND OUT ABOUT:

- *Latching On
- *Meeting other new mothers
- *Sore Nipples
- * Breast Engorgement
- * Milk Collection & Storage
- *Sexuality
- *Back to Work

LOCATION, DATE & TIME:

Naval Hospital Twentynine Palms
Classroom 3 (behind Family Practice Clinic)
Every Monday 10 a.m. -noon
Breast Education Center 830-2501

Hard Chargers...



Top: Captain Lynda A. Salmond, Commanding Officer, Naval Hospital Twentynine Palms presents an Honorary Desert Rat Certificate to HM3 Constantine Asuncion.



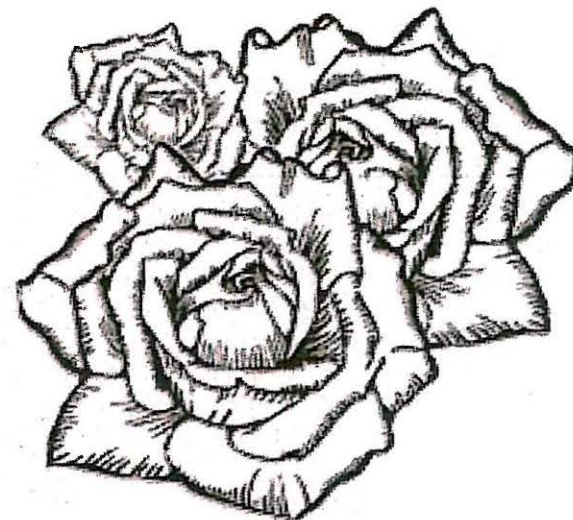
Right: Capt. Salmond presents an Honorary Desert Rat Certificate to HN Daniel Barnard

Bottom: Capt. Salmond presents a Navy Marine Corps Achievement Medal to HM3 Kurtis Wiese.



Above: Capt. Salmond presents an Honorary Desert Rat Certificate to HM3 Nebul Phannarath.

HAPPY MOTHER'S DAY



MAY 11, 2003



Above: Capt. Salmond presents an Honorary Desert Rat Certificate to HN Jacob Pool.

Left: The hospital's MWR committee raised more than \$1,800 during a recent Easter Basket auction, featuring Easter Baskets made up and donated by several departments in the command.



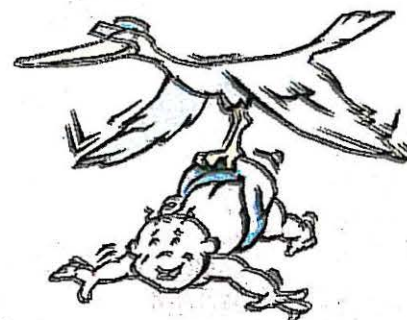
DEPRESSION and PREGNANCY

IM HAVING A BABY! So Why Do I Feel So Blue?

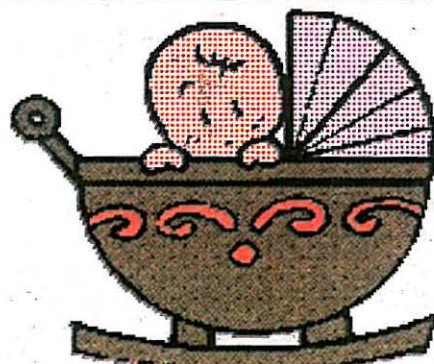
Many expectant and new moms feel overjoyed about having a baby one day and down in the dumps the next. About 10 percent of pregnant women and new moms suffer from depression.

You are not the only one!

Join us to learn how to deal with or prevent depression during pregnancy and after delivery.



Where: Conference Room - Mental Health Clinic
When: Every Thursday afternoon from 12:30 to 2 p.m. - **STARTING MAY 1st**
For Information Call 830-2584 or 830-2935



JOURNEY INTO MOTHERHOOD

Feeling Overwhelmed, Scared, Alone, Sad, Frazzled?
Or just want to meet other new moms?

You're not the only one!

Come join us to talk, share, and meet others.
Support Group for Expectant and New Moms
Finding Solutions through Education and Support

Where: Conference Room - Mental Health Clinic
Every Thursday afternoon

Time: 12:30 to 2 p.m.

Group leaders: Beverly Dexter, PhD 830-2935
Janet Hamilton, MSW 830-2584

Patient Safety...

Moving Right Along With The Hospital's Patient Safety Program

By Lt. Daniel Anthony, Risk Management Advisory Committee
Robert E. Bush Naval Hospital

Late last summer, the Risk Management Advisory Committee announced the formation of its Patient Safety Program (PSP) and with that announcement came the commitment to develop a PSP that was both proactive and innovative. To that end, the PSP studied several national goals and guidelines to help us prioritize our goals and set our direction.

Using the guidelines set by the Joint Commission on Accreditation of Healthcare Organizations, the PSP members reviewed the six national patient safety goals and implemented each of them in a systematic way.

This month, our discussion focuses on patient safety goal number four: eliminate wrong-site, wrong-patient, wrong-procedure surgery. This goal continues the intent set forth in goal number one (improving the accuracy of patient identification). With the wide range of services offered in our facility and our ever-changing customer base, it becomes imperative that each person is identified accurately (goal one) and that each procedure and its location on the body is confirmed between the provider and the patient (goal four).

Support Our Troops, Wear a Yellow Ribbon

By HM3 Jamie Pearson, Corpsman, Military Sick Call
Robert E. Bush Naval Hospital

The yellow ribbon is a symbol on two levels. First, it signifies home-front support for military members. Secondly, on a more personal level, it signifies the hope for a friend or loved one that is deployed will come home safely.

Originally, it was a symbol of homecoming for the civilians that were held captive in the Iran hostage crisis. Wearing a yellow ribbon as a symbol of support for our troops began in 1991 during the Gulf War. The connection was made between the two, and thus the symbol for support and safe homecoming was applied to deployed military members.

As many of our brothers and sisters in arms put their lives on the line in the war with Iraq, they need to know that their country is behind them. Among many of the things you can do to support our troops is wearing a yellow ribbon.

If you have not received one yet, they are available in the hospital Chaplain's office.

Our preoperative checklist, therefore, was modified to include a section wherein the registered nurse (RN) verifies with the patient the exact location and type of procedure to be performed. At the point of confirmation, the RN marks the word "YES" on the surgical site and notes on the preoperative checklist that the patient was involved in this process. This final check should not be construed by the patient as having a staff that is unsure of their actions, but rather should be seen as having a staff that keeps the focus on accuracy through verification.

We work hard here at NHTP to create a safe environment in which to provide quality healthcare and we are achieving our goal at keeping our customers' safety at the forefront of our care.

Information for Hearing Aids for Retirees

By Lt. Kim Gullickson, Audiologist
Robert E. Bush Naval Hospital

More than 25 million Americans have hearing loss, including many of our military retirees.

Those retirees who seek help for their hearing loss by using hearing aids have options as to where to obtain them. Although neither Medicare nor TRICARE cover the cost of hearing aids for retirees, many may be eligible for hearing aids from the Veterans Administration (VA). Eligibility includes those who have a service connected disability for hearing loss, ear disease or tinnitus (ringing in the ear), have a service connected disability for any medical problem at a rating of 10 percent or more, are a former Prisoner of War, or are a WWI veteran.

For those who do not qualify for hearing aids from the VA, there's the Retiree-At-Cost-Hearing Aid Program (RACHAP). This program is offered at many military treatment facilities, including Naval Hospital Twentynine Palms, since September 2001.

The program provides retirees the opportunity to purchase hearing aids at government cost. The hearing aids are purchased directly from the manufacturer at substantial savings over the cost for the same hearing aids sold and fitted in the civilian community. Although not all makes and models of hearing aids may be available, there is a wide range to choose from.

As part of the hearing aid evaluation, a complete diagnostic hearing test is done by a certified audiologist. If it is determined that hearing aids would be of benefit, the audiologist will recommend a specific hearing aid(s) and prescription, along with the total cost. The retiree is asked to provide payment at the time the hearing aid is ordered.

When the hearing aids arrive, the retiree will be scheduled for a hearing aid fitting appointment. There is no fee for the hearing test and no obligation to order hearing aids through RACHAP.

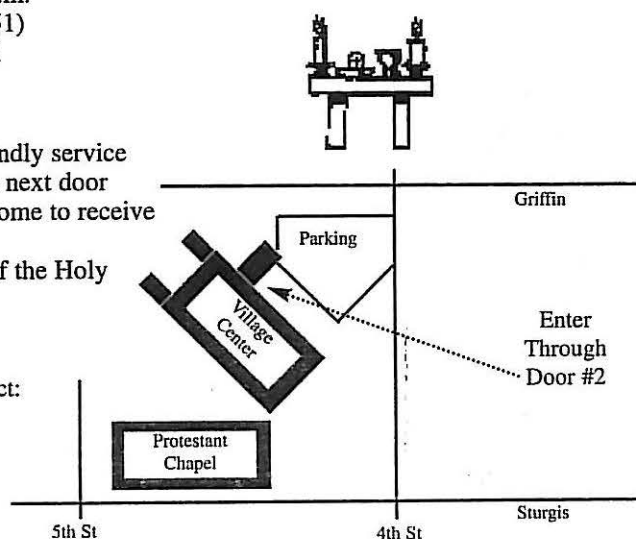
For more information on the RACHAP, contact the Audiology clinic at 830-2002.

1030 Service of Holy Communion

Every Sunday at 10:30 a.m.
Village Center (Bldg 1551)
In the Meditation Chapel
(Enter door #2 then follow signs)

- * A 50-minute child friendly service
- * Nursery Care available next door
- * All Christians are welcome to receive communion
- * A weekly celebration of the Holy Eucharist

For more information contact:
Chaplain Spaulding
Command Chaplain
Robert E. Bush Naval
Hospital
830-2429



Kick the habit and learn to become tobacco free!

The Robert E. Bush Naval Hospital Health Promotions Program offers tobacco cessation classes in the hospital.

Classes are offered at two convenient times of noon and 5:30 p.m.

To sign up, call Health Promotions at 830-2814.

The next set of tobacco cessation classes will start May 27. Call now before it all goes up in smoke!



New HIPAA Privacy Standards Now In Place

From Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) — The Department of Defense (DoD) Military Health System (MHS) has always had privacy standards in place to limit unauthorized access and disclosure of personal health information. Starting April 14, a new federal law, the Privacy Rule of the Health Insurance Portability and Accountability Act (HIPAA) of 1996, creates standard safeguards to protect the privacy and confidentiality of personal health care information. The MHS and all other U.S. hospitals, providers and health care organizations are required to implement the new privacy standards.

Under HIPAA, the MHS is required to notify all TRICARE beneficiaries of their enhanced privacy rights. During the period of December 2002 to March 2003, DoD mailed approximately 5 million MHS Notice of Privacy Practices (NoPP) to the home of every active-duty and retired military sponsor and family member enrolled in the Defense Enrollment Eligibility Reporting System. As a result of the new privacy legislation, health information

may only be disclosed for treatment, payment, and health care operations to include scheduling appointments, billing patients, quality assurance activities and provider-to-provider referrals. Health information will not be shared with outside sources for marketing, research or any other purpose without the beneficiary's written consent.

"In the past, we always had policies and procedures in place to safeguard the personal health information of TRICARE beneficiaries from unauthorized use and disclosure," said Cmdr. Sam Jenkins, HIPAA privacy project officer, TRICARE Management Activity. "HIPAA requires that we not only inform beneficiaries of their privacy rights, but requires that we also make sure they understand their rights and the responsibility the MHS has to protect their privacy."

The privacy notice provides beneficiaries with clear guidance on how the MTFs will safe-

guard their personal health information from unauthorized access or disclosure. The notice also advises TRICARE beneficiaries of their rights to know when and to whom their medical information may have been disclosed; request access to, or receive a copy of their health information on file at the MTF; request an amendment to correct erroneous information on file; and finally, file a grievance with the MTF or TMA HIPAA privacy officer regarding any privacy concern they may have.

During their next scheduled medical appointment at the MTF, sponsors and family members will be asked by MTF staff to acknowledge receipt of the MHS privacy notice. Any beneficiary who has not yet received a privacy notice will be issued one during this visit.

Sponsors and family members also have the option of declining to sign the acknowledgment. All eligible beneficiaries, whether they acknowledge receipt of the privacy notice or not, may still receive care at the MTF.

Each MTF has an assigned trained privacy officer who is available to respond to any questions or concerns beneficiaries may have regarding the new privacy rules. The privacy officers also serve as patient advocates to ensure that personal health information maintained by the MTF remains protected yet accessible to beneficiaries and their providers.

A copy of the MHS NoPP is available on the TRICARE Web site for sponsors and family members to download if they did not previously receive a copy in the mail. Copies are also available for distribution at each DoD MTF. Additional information on HIPAA, TRICARE and the new privacy standards is available on the TRICARE Web site at www.tricare.osd.mil/hipaa.

Under HIPAA, the MHS is required to notify all TRICARE beneficiaries of their enhanced privacy rights. During the period of December 2002 to March 2003, DoD mailed approximately 5 million MHS Notice of Privacy Practices (NoPP) to the home of every active-duty and retired military sponsor and family member enrolled in the Defense Enrollment Eligibility Reporting System

DR. PRAY...

Continued from page 1

Portland, Oregon. He in June 1995. While in medical school he married his wife Judy, of Ashland, Oregon. Dr. Pray's wife has two daughters from a previous marriage.

Following medical school, Pray did a surgical internship at Wilford Hall Medical Center at Lackland Air Force Base in San Antonio Texas. He then returned here to the Combat Center where he served as a General Medical Officer/Battalion Surgeon for 3/11. Pray then went to his Family Practice Residency at Camp Pendleton. "I was made to repeat nine months of the internship there [Naval Hospital Camp Pendleton] because all I had was surgery," said Pray. He started Family Practice residency in September of 1998 and graduated in June of 2001.

Pray's long-term and short-term goals are to, "Stay in the Navy as long as I can remain a Clinician. And, I hope to extend my stay at Naval Hospital Twentynine Palms if, possible," said Pray. He is on a 3-year set of orders with his projected rotation date set for the summer of 2004. "In the long term I would perhaps like to go back to Camp Pendleton as staff there," he added. After his Navy career is over Pray wants to return to Southern Oregon and work as a physician until he's around 70 years old.

When asked why he liked working here, Dr. Pray responded, "I enjoy working at Naval Hospital Twentynine Palms because it's a small command; it is like a family, people help one another out, and they are very warm and friendly. The desert is where people go to make things real clear or to go completely crazy. I chose to come here for more clarity."

The advice Pray gives to our young staff members is, "The more education our young troops here can get, the more they read, the better their lives will be in the future. I try to keep encouraging the Corpsmen who work in Family Practice, and at the same time to let them know that it's not acceptable to have 'off days' while working in patient care. It is not acceptable to have 'off days' when doing procedures with patients; it has to be really good every single time.... It's a mindset you get into. We all make mistakes, but you try to minimize those mistakes, and never make the same mistake twice."

Pray's hobbies include playing the guitar and a little bit of harmonica. He still stays in shape by playing tennis and golf. He also enjoys woodworking, reading, USC Trojan football and the company of his wife and dog. Dr. Pray has been heard late at night here at the hospital playing his guitar either in his office or on the Labor and Delivery Deck while waiting to deliver a new baby.

Dr. Pray's ultimate goal: "I hope to work to meet our patients needs to provide the best quality medical care possible."

NEW CITIZEN...

Continued from page 3

When asked why he opted for military service, he said, "For the adventure!"

Volunteers, like Gonzales, from foreign countries have served in the American Military Services in every action from the American Revolution to our current operation in Iraq.

Two such volunteers recently made the ultimate sacrifice for their adopted country with their lives, Marine Cpl. Jose Angel Garibay, an orphan from Guatemala, and Lance Cpl. Jose Gutierrez, a native of Jalisco, Mexico. They were killed in the recent action in Iraq. According to a report in the *Los Angeles Times* newspaper, Garibay and Gutierrez became American citizens posthumously when the acting director of the Bureau of Citizenship and Immigration approved the request from the men's families and fellow Marines.

To become a Naturalized American citizen, Gonzales had to meet the following general requirements:

- He had to maintain a continuous residence and physical presence in the United States;
- maintain a residence in a particular Bureau of Citizenship and Immigration Services (BCIS) District prior to filing;
- have an ability to read, write and speak English;
- have a knowledge and understanding of U.S. history and government;
- have good moral character;
- maintain an attachment to the principles of the U.S. Constitution; and,
- have a favorable disposition toward the United States.

Gonzales applied for citizenship once before, just as the United States became involved in the Persian Gulf War. He was deployed during that operation so he couldn't complete the process.

Gonzales submitted his application through the Marine Corps Air Ground Combat Center Legal Office. They in turn sent the application off to the BCIS in Nebraska for processing. All citizenship applicants from the U.S. Military services are processed in Nebraska. According to Gonzales the whole process takes about six months and costs about \$310.

Congratulations, Chief Gonzales!

Online Scheduling of Moves Within CONUS Now Required

From FISC San Diego Public Affairs

SAN DIEGO (NNS) -- Summer, the peak season for military household goods (HHG) move scheduling at the Fleet and Industrial Supply Center (FISC) San Diego Personnel Property Shipping Office (PPSO), is fast approaching.

To help customers get the move dates they want and reduce wait time at the PPSO, FISC San Diego is requiring customers moving within the Continental United States to use the Navy's Web-based move application and entitlement counseling program, SMARTWebMove (SWM) at www.smartwebmove.navy.mil.

SMARTWebMove is available 24 hours a day, 7 days a week from home, work aboard ship or anywhere Sailors have Internet access. The program provides active-duty Navy servicemembers with customized entitlement counseling based on individual Permanent Change of Station (PCS) orders and government regulations. It allows preparation of move arrangements for up to three shipments with a single application and direct delivery of the move application to the PPSO. No travel or office visit is required.

Customers can arrange a move online using a computer with a minimum of a 486 processor running Netscape Navigator 4.75 or Internet Explorer 5.5 or higher. SMARTWebMove

may work on other configurations, but the above is best.

PPSO customers may also use the SMARTWebMove computer lab located in building 3376, Naval Station San Diego (32nd Street), next to the Family Housing Office. The computer lab has 16 workstations and is open Monday through Thursday from 8 a.m. to 2 p.m. and from 8 a.m. until noon on Friday. A move counselor is available to assist with SWM system or entitlement questions. The facility also has ample seating and customers are encouraged to bring their spouses.

During the summer peak season, local commercial moving companies quickly become saturated and their capacity to accept moves on many peak summer days can be extremely limited. "Moving companies obligate their resources on a first-come, first-served basis," explained PPSO director Wayne Franklin. "As a general rule, the last week of the month is the busiest time for moves. Our experience during previous summer peak seasons has shown that choice moving dates fill up very fast."

Customers are encouraged to contact the PPSO as soon as possible after receipt of orders to schedule an appointment. "The PPSO requires at least 30 days before requested pack and pick up dates to arrange a move," said Franklin. "And move date changes should be kept to a minimum. Since carriers are so fully booked, they usually cannot accommodate short-notice changes during the summer months."

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